



THE SPECTRUM

WEDNESDAY, FEBRUARY 18, 2015

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

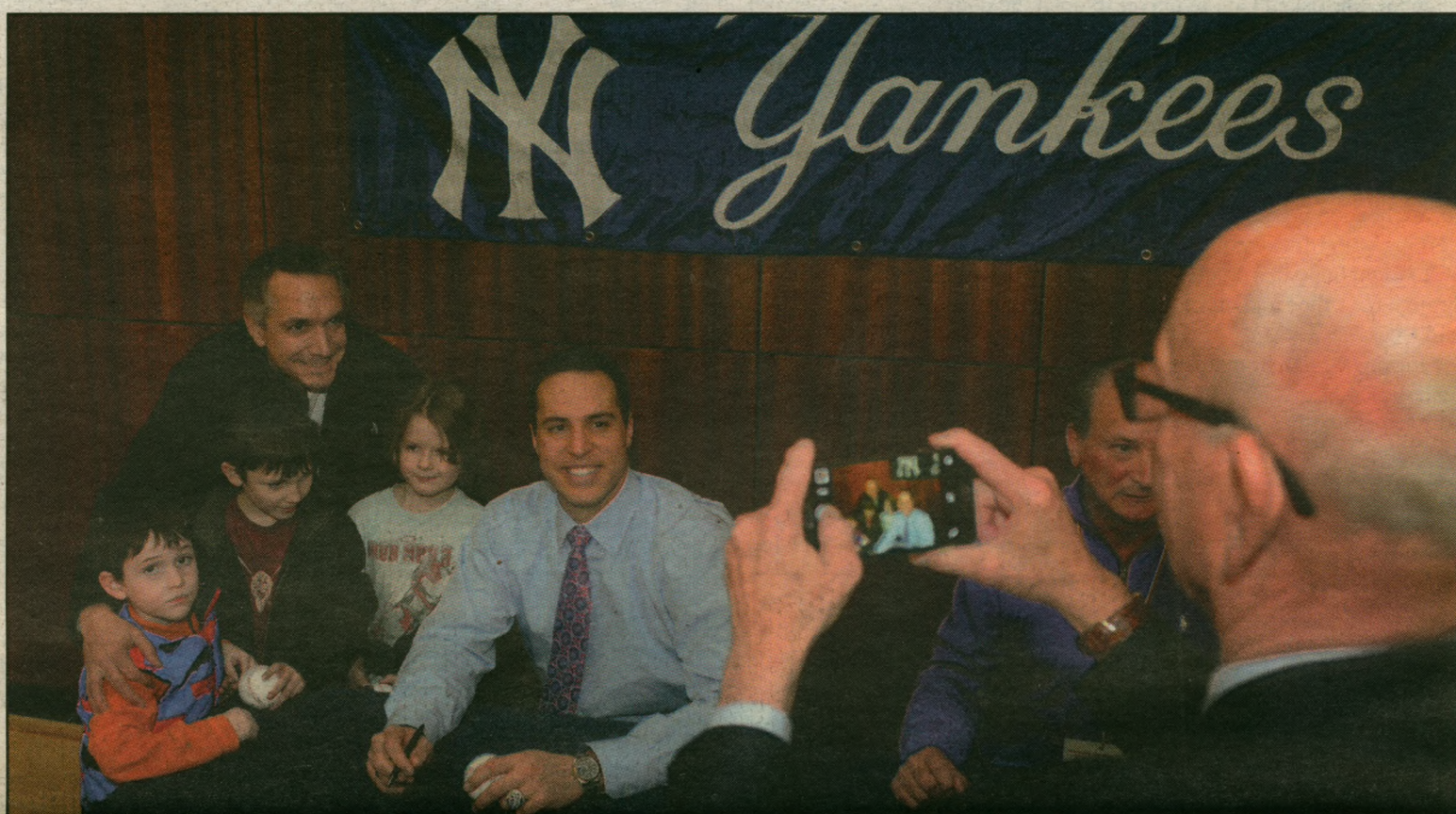
VOLUME 34, ISSUE 3

IN THIS Issue

- 3 HE SAID/ SHE SAID**
Sam and Nicole give opinions on live vs. recorded music
- 4 GO GREEN**
How eco-friendly is Sacred Heart?
- 7 NEW BUILDING UPDATE**
Only less than a month until the new Martire Building opens
- 8 ARE YOU AFRAID OF THE DARK?**
The newest Little Theatre production
- 9 AWARD SHOWS**
Award show season is in full swing
- 11 MEN'S HOCKEY**
The Pioneers are on a six game un-beaten streak

Spectrum Exclusive:

Interview with New York Yankees First Baseman Mark Teixeira



MARK TEIXEIRA HOLDS A MEET AND GREET TO BENEFIT THE CARDINAL SHEHAN CENTER

PHOTO COURTESY OF AP

TWEETS of the Week

@Caitishh

"The amount of salt Sacred Heart University puts down for snow storms definitely equals the amount of salt that's in the Dead Sea"

@kjohnson1211

"Don't have to stalk the mailman anymore... Accepted to Sacred Heart University!! @sacredheartuniv #SHU2019 #PioneerNation"

@MrHoweDOC

"At Sacred Heart University I just held the door open to Coach Bobby Valentine. I felt like a little kid again. #mets2000"

Want to see your tweets in The Spectrum? Tweet at us using the hashtag #shuspectrum and you may be featured!

Instagram

Photo of the Week



BY EMILY ARCHACKI
Managing Editor & News Editor

Q: How did you become involved with the Cardinal Shehan Center?

A: Through my good friend Bill Mitchell, Bill and I have been friends for a few years now. We kind of like to support each other's charities and Bill said the Cardinal Shehan Center was one of the best and I told him I would be happy to help.

Q: The charities you support, such as the Mark Teixeira Charitable Fund, Harlem RBI, and the Mark Teixeira Dream Team 25 Charter School Initiative help youth in both education and athletics to some degree. Why is this balance an important cause for you?

A: It's very important because in my life I owe my career to people giving me an opportunity. Education and sports kind of go hand-in-hand for me. When I was a kid I played sports but I had to go to school first. My parents always said, "You're allowed to play sports as long as you get your schoolwork done." That's what I've tried to tell kids for a long time now.

Q: How have you spent your time during the off-season?

A: A lot of work. Working out hard, trying to get strong and healthy. I'm looking forward to a great season.

Q: With all of the snow the Northeast has been experiencing lately, are you excited to head down to Florida for spring training?

A: I'm ready. You know by the end of the winter, I can't wait to get to spring training. It's a good thing on multiple fronts: I'm starting the season with new hope, and I'm getting out of this bad weather.

Q: How is the team looking for this upcoming year?

A: For this year, for 2015, I think we have as much talent as anyone in baseball. I think there are three things that you need to win a World Series. One is talent, which we have. Two is health, and three is execution. We need to stay healthy, we need to execute and I think if we do those last two things, we have as good a chance as anybody to win it all this year.

Q: How are you feeling after battling a lot of injuries last year?

A: I feel great. Last year was by far the most difficult year of my career. Two years ago I blew out my wrist and I tried to play through it. I knew there was a good chance that I was going to have to have

surgery but you play through it. I gave it 15 games. Major injuries happen all the time. Injuries are a part of the game. When you have an injury where you have surgery and you're out for the season you kind of deal with it and say, "OK, here's my process I go through." But then the year that you come back... is very difficult. I hired a new trainer this off-season who is the best in the business. I don't think I've been stronger in my career, which is probably hard for people to believe. He's putting me through the most intense workouts I've ever had in my life. Doing that completely changed my diet. One thing he looked at [was] my medical history and he said, "I bet you have a lot of inflammation in your body, let's look at your diet." So no gluten, no dairy, no sugar, it's the "no fun" diet. But the way I look at it is I'd like to play for five more years. I'm diving into this healthy lifestyle; my training has been great. I feel really good this year.

Q: You have 999 runs currently on your statistics, are you nervous or excited for your 1,000-career run?

A: I'm excited. That's going to be a cool stat to get to 1,000 career runs scored. As we all know it's about scoring runs and 1,000 is a nice round number.

Q: What is your favorite part about playing in New York?

A: It's the greatest city on Earth. Everything is bigger and better in New York. You get to meet some amazing people. When you win there is nothing better, when you go to the ballpark and hear 50,000 screaming fans at Yankee Stadium, you just get a thrill. I love it.

Q: What is one piece of advice you would give to a collegiate athlete thinking of going professionally?

A: Make sure you take care of your academics first because you know it's very tough to make it as a professional athlete. You always want to have that education to fall back on. Getting your degree is very important, understanding that it's not easy to make it in professional sports. It's a good balance to have, to allow you to get the most out of yourself later in life.

To read more on Mark Teixeira's lecture supporting the Cardinal Shehan Center and the McGivney Community Center, see page 10

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News

“She is very sweet, and easy to talk to, kind of like another motherly figure here at the office.”

—Senior, Elizabeth L'Esperance

Sacred Heart Welcomes New Member to Campus Ministry

BY CHRISTIAN COLON

Co-Asst. News Editor, Staff Reporter

On Monday, Feb. 2, Lorraine Morrone started her first day as Sacred Heart University's new campus minister.

For 20 years Morrone had been working as the Director of Faith Formation for dioceses in Norwich and Bridgeport. While at a local parish, she heard about the position of campus minister at Sacred Heart from a neighbor. She asked God in prayer to open the door to Sacred Heart, if that was where He wanted her to go.

After 20 years of working in the dioceses, she decided to give Sacred Heart a chance and apply for the position. Although the application process was a long one, she never lost faith. “God always has a better plan,” Morrone said.

Father David Buckles was one of the facilitators during the application process. He is more than excited to start working with Morrone.

“I would hope that students take the opportunity to come through the office and make it down here and meet her,” said Buckles.

Morrone comes from a large Italian family rooted in the Catholic faith.

“My grandfather would sit at the dinner table and he

used to tell his 14 children that no matter how big our family is, there is always room for someone, especially if that person is hungry,” said Morrone.

Originally from Westerly, R.I., Morrone has a twin brother. The value of generosity and service that she learned from her 14 aunts and uncles has given her the passion needed to work as a minister.

“If you chose ministry as your life work, you know that you are meant to serve” said Morrone.

Before being officially announced as campus minister, Morrone attended Campus Ministry's annual winter retreat. In her previous job, retreats were her specialty. She was impressed by the fact that the COR (Latin for “heart”) team had created and facilitated the retreat. The COR team was composed of undergraduate students who were leaders in campus ministry. They are not only in charge of the retreats, but they organize most of the events that the ministry hosts. The day after the retreat she was offered the position.

During the retreat, Morrone had the opportunity to introduce herself to students.

“She is very sweet, and easy to talk to, kind of like another motherly figure here at the office,” said senior Elizabeth L'Esperance.

Morrone has been in the office for just a couple of weeks and she is already feeling a warm joy in her heart. She mentioned how the best part of her day is when she sees students walking into the office, sometimes to grab candy out of the bowl, chat with their friends, or even do homework.

“I am lucky to have Lorraine come into Sacred Heart, she combines over 20 years of religious education, and can bring a great amount of knowledge and creativity to future student programming,” said Kelly Ann Schneider, Campus Ministry Administrative Assistant.

Morrone said she hopes to use her God-given gift of creativity to build upon the good work that campus ministry has already achieved. She is excited to bring new ideas for events, such as the retreats.

“Please come and you will feel that warm welcome when you walk in. Campus ministry is a family of people sharing their faith and their life experiences,” said Morrone.

With the addition of Morrone as new campus minister, the Office of Campus Ministry has new office hours. Mondays are from 8:30 a.m. to 4:30 p.m., and Tuesdays through Thursdays are from 8:30 a.m. until 8:30 p.m., and Fridays are from 8:30 a.m. to 7 p.m.

Find Your Inner Author with the Creative Writing Minor

BY JESSICA CHALOUX

Staff Reporter

Approved in the fall of 2014 by the English department and the College of Arts & Sciences, Sacred Heart University will now be offering an 18-credit minor in creative writing.

“We began working on the new minor last summer, in response to strong interest from students throughout the University who have been filling creative writing courses each semester,” said Professor Jonas Zdanys, published poet and literary translator.

Minoring in creative writing is not only offered to English majors. The opportunity is available for students in any major.

“I have had dozens of students who were majoring in nursing, business, psychology, exercise science, computer science, media studies and communications, and an array of other fields,” said Zdanys. “I believe that there is a strong creative impulse in all of us, and just because someone majors in a health field or in business or in another humanities discipline doesn't mean that his or her

creative interests and abilities are shut off,” he said.

English 253, Introduction to Creative Writing, will be a required class to start other courses for this minor. The minor in creative writing has two different track options: fiction or poetry.

“Courses in those tracks will include, among others, courses on short story writing, on the writing of social fiction, intermediate and advanced poetry writing, and the writing of prose poetry and flash fiction,” said Zdanys.

Sacred Heart students are also very interested in what this minor can do for them.

“The creative writing minor is definitely a helpful opportunity to English majors, because it's important to be able to develop and discuss a writer's ‘voice’ in their work, and creative writing is not only a great way to improve your own techniques, but recognize it in other's works as well,” said sophomore Dan Murphy.

Murphy is an English major and is planning on entering the secondary education program in order to work towards a career as a high school English teacher.

“Creative writing is an important element that helps shape a writer. It would teach English majors

the mechanics of writing as well as the importance of creativity. It helps you to become a better writer and better thinker. Like any other skill, practice makes perfect,” said senior Mikey Nunez, who is also an English major.

This course will help students develop clear and persuasive writing and learn to engage their readers.

“On a personal level, [students] will have the opportunity to use their imaginations and write creatively, for the joy and fun of exploring the making of stories and poems,” said Zdanys. “On a professional level, they will gain skills of argument, explanation, persuasion, organization of ideas, constructive criticism, critical thinking, and expression that are fundamental to success in most careers.”

Zdanys and Professor Anita August, a published novelist and short story writer, are the two professors teaching these courses.

“One of our major goals is for this minor may expand in the years to come to include some courses in some other creative writing forms, and some other instructors, but we plan to focus on fiction and poetry,” Zdanys.

“Drop and Give Me 20”

Sacred Heart Takes on The Murph Challenge

BY JENNA BILLINGS

Staff Reporter

The Hearts United club at Sacred Heart University will host their own version of “The Murph Challenge” at the Pitt Center on Sunday, Feb. 22, at 2 p.m.

This challenge was created by Lieutenant Michael P. Murphy, who was the officer in charge of a crucial SEAL mission in Afghanistan.

Murphy was killed trying to protect his team, and the Lt. Michael P. Murphy Foundation was established to honor his selflessness. The foundation gives scholarships to the children of Special Forces personnel who have lost their lives defending our country.

Murph challenges are now held across the country, honoring the workout Murphy himself created, and raising money for the foundation.

Freshman Nick Cavallone, a member of Hearts United, is heading the initiative with help from the club's advisor, Dr. Rose.

Cavallone did the Murph Challenge with his Air Force ROTC unit in September, and decided to bring the cause to

the entire Sacred Heart community.

“The event is scaled down from what it usually is,” said Cavallone. We wanted everyone to be able to participate in this challenge, regardless of physical strength.”

Cavallone explained that the actual Murph Challenge created by Lt. Murphy is a one mile run, 100 pull-ups, 200 push-ups, 300 squats and ends with another one mile run, all done wearing a 20 lb. vest. After modifications by the Hearts United club, participants will sign up in groups of four and run one quarter of a mile, do 50 sit-ups, 25 push-ups, 75 squats and end with another one quarter of a mile run.

All participants will be charged five dollars for entry, and all proceeds will benefit the Lt. Michael Murphy Foundation. The funds will go towards scholarships for kids both from Murphy's hometown and children of fallen special operations soldiers.

Cavallone and the rest of Hearts United hope for campus-wide participation in the event. “We've already been in touch with various sports teams, fraternities and sororities, and several clubs on campus who have expressed a great deal of interest in the Murph,” said

Cavallone. “We are encouraging all students, faculty and staff to join us for the Murph, and are also opening it to the general public.”

After a global email went out about the challenge, many students showed an interest in the event.

“The Murph Challenge seems like a great way to give back to those fighting overseas everyday for our safety,” said sophomore Kaitlyn Mital. “It will be a great way to bring different groups together on campus to make a difference, and be active while doing it.”

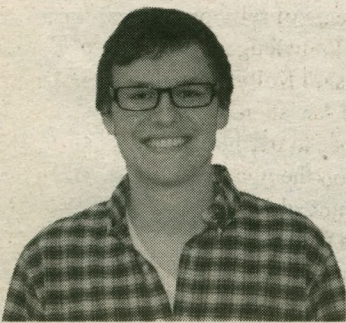
Cavallone hopes that the event will become a tradition at Sacred Heart, and that participants will come away from the experience having had fun while giving back to military families.

“Those who participate in the Murph Challenge will gain the satisfaction of knowing that their efforts, regardless of their performance, will be reflected in the well being of children whose parents died in defense of our country's values,” said Dr. Gary Rose, faculty advisor to Hearts United. “I can't imagine any form of physical activity on a college campus that is more related to such a sincere patriotic cause than the Murph Challenge.”

Perspectives

EXPERIENCE IT YOURSELF

SAM says...



Whether it was applying tons of suntan lotion to the back of my neck in preparation for Bamboozle a couple of summers ago, or shivering in line outside of Webster Hall in NYC during sub degree temperatures, taking the opportunity to go to a concert or festival is always worth it.

Of course, there can always be good and bad shows. That is why you do your research. As you know from past "He Said's" I am very into electronic music. Since "electronic music" is broad, Deep House or Tech-House is the sub genre that I am currently grooving to the most. Some artist examples of this are the Bixel Boys, Disclosure, Tchami and Mija. I found out that Tchami and Mija were both performing at Webster Hall a couple of weeks ago. For 20 dollars and a night in NYC, I could not miss this. Also, the show took place in one of my favorite venues, Webster Hall.

The venue itself is a tad grungy in my

opinion, however it has the best set up. It has three floors of all different kinds of music. The first floor has a lesser-known band or DJ performing, while the second floor has a non-stop club scene that goes until 4:30 a.m. Onto the third floor, the main stage. It's a big open space with great bass and a light show that will keep you enthralled the entire show. Luckily, I was able to sprint to the front row during my last experience and had one of the best times I have ever had at a concert. Good people, good times. I remember everyone singing, dancing and vibing to the people around them and especially to the music. This is what I love most about going to concerts. Everyone comes together in unity to enjoy this artist's music creation.

I have been to dozens of concerts already and every one of them has been an incredible and inspiring experience in its own way. Watching Mick Mars shred on the guitar at

this past year's Mötley Crüe concert inspired me to listen to more classic rock as well as practice the guitar more. Seeing Skrillex for the first time my freshman year inspired me to check out some different kinds of production softwares and get into mixing.

To me, music has a funny way of controlling the moods and tempers of people, and these "controlling methods" are heightened at shows. If you have not experienced a show yet, I recommend doing some research on some upcoming shows in your area. Remember, it is important that you choose the show you want to go to. Don't feel like you have to go to a show because all of your friends are going. Good luck on your new endeavors and hopefully I will see you at your next show.

NICOLE says...



Music is something I think we all have in common. Obviously everyone has different tastes, but I don't think I know anyone who just never listens to any music. That being said, listening to music or watching concerts on television can't compare to seeing an artist perform live.

For me, concerts are the much better choice. I just love the experience of being with people who all have a common interest in the band or artist playing, and I'm the one who's probably way too overexcited to even stand still at any point during the whole show. You can drink, dance, sing at the top of your lungs and enjoy yourself in a new place with new or old friends. I personally think the main downside is that concerts sometimes might not sound as good as the artists do when you're listening to them on their album in your headphones. After all, half

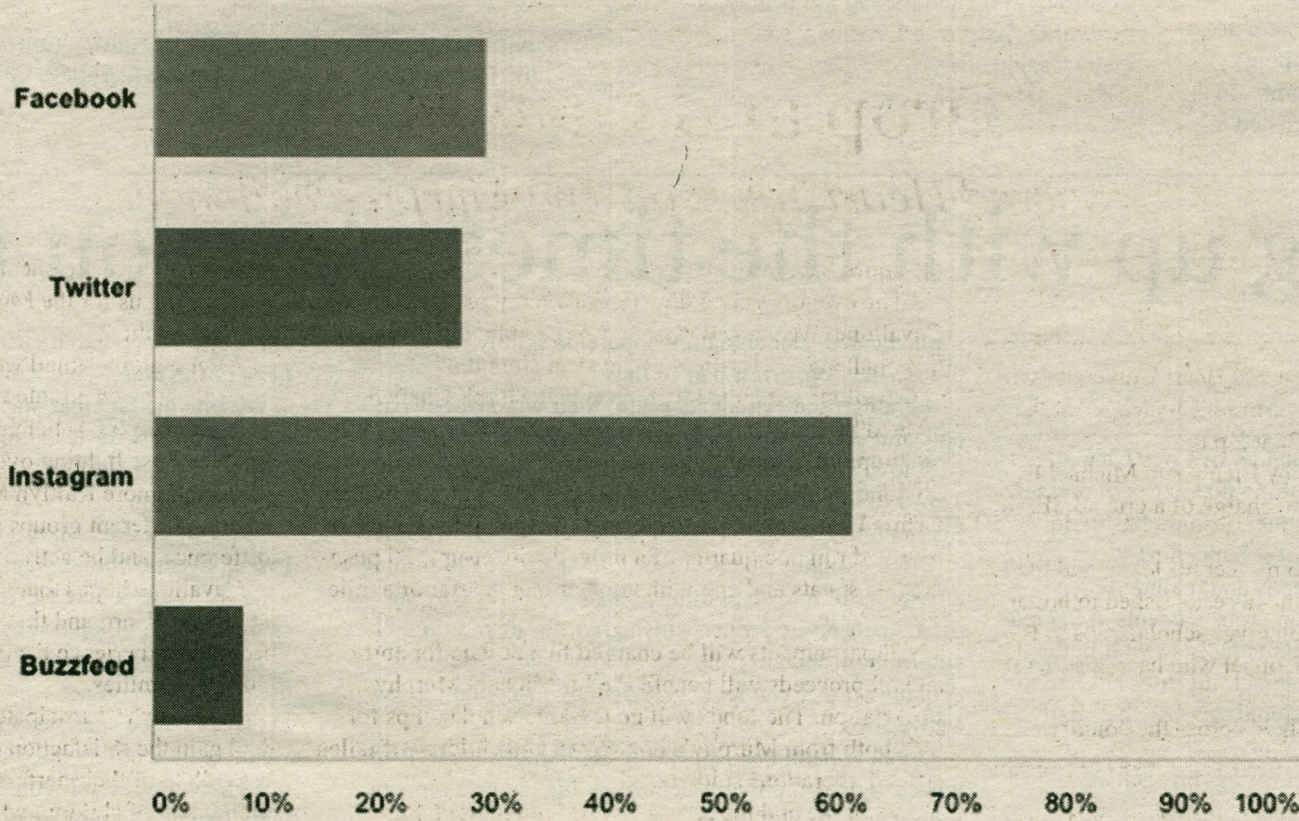
the artists we know could really just be auto-tuned and possibly even horrible performers, but I think the experience usually makes it worth it.

There are definitely pros and cons to both ways of listening to your music. Concerts are more expensive, much more of a hassle if you're one who isn't as social or up for travel, and they sometimes can be nothing like what you expected. Listening to music in your headphones could be enough for you. Having it all blasting right in your ears and blocking out the world so that it's just you and the music is definitely a good feeling when you need it. Music on a new up-and-coming artist's album, I've realized, definitely wins over one of their first real concerts. But if we're talking about Queen B (Beyoncé for all of you living under a rock), then I think it's safe to say her voice

on her album might be more perfect, but her performing has got to make up for it.

I'm just more of a concert person because I'm more of a social music listener. I enjoy new experiences more than anything, so I'm almost always up for a new concert or show.... as long as I can scrounge up the money for the tickets. Once summer comes around I usually save up for whatever concerts I know my friends will want to head to, and the summer atmosphere makes concerts that much better. I went to EDC in London last summer and although I listen to most of those artists and DJs on my computer on a regular basis, the concert was the experience of a lifetime.

We asked you: "What is your favorite social media platform?"



Perspectives

Reducing Your Carbon Footprint at Sacred Heart

Reduce, Reuse, Recycle: Learn about the Green SHUs and much more about going green on campus

BY CASSANDRA KATRIS
Staff Reporter

Some of the environmental practices at Sacred Heart University include recycling, refraining from using disposable plastic bottles, and using hybrid public safety patrol cars around campus and the surrounding Bridgeport area.

"I think that it is great that Sacred Heart is involved with going green," said Briana Grills, junior class president. "We have Brita filters all around campus to increase students' use of reusable water bottles, with Residential Assistants even passing them out my freshman year."

Having the Brita stations seem to be extremely useful for students' college budgets and the environment.

"Using a refillable water bottle instead of regular bottled water will reduce plastic and fuel consumption," said Matt Cole, co-founder and president of The Green SHUs.

When students first hear the term "going green" they generally think of recycling, because that is the most familiar and visible method to them throughout Sacred Heart's campus.

"There is no spot on campus where you see a trash can without a recycling bin right next to it. The two go hand in hand here," said junior Jillian Siegmund. "I never really recycled before coming to Sacred Heart. Ever since coming here, it has become so readily available to me. It's in my second nature now and something I wish to continue even after college."

The Green SHUs is a student-run environmental club that encourages and educates students on embracing the green lifestyle. The club also promotes awareness and helps the surrounding Bridgeport community to develop and maintain an environmentally friendly focus.

"A lot of the Green SHUs' efforts are directed towards educating and enabling the student population here at SHU to promote a culture of helping the environment and the community. In addition, we have hosted and assisted in

several clean-up projects in and around the Bridgeport area, physically reducing the amount of litter in various neighborhoods," said Cole.

One of the biggest steps the Sacred Heart community has taken in going green is providing the Department of Public Safety with hybrid patrol cars. While exploring ideas for how to reduce the fuel consumption of patrol cars, Sacred Heart began looking at the hybrid vehicles.

"After comparing the traditional-style vehicles against the more energy efficient and eco-friendly hybrids, we made a recommendation to the University Administration that the hybrid vehicle would be a very good fit for use on our campus. The University agreed and in 2010 we purchased four new hybrid Ford Fusions to replace four old gas-guzzling Ford Explorers. In the following years we added two hybrid Ford Escapes to the fleet as other vehicles needed replacement," said Edward Shea, Assistant Director of Public Safety.

These cars can be found patrolling all throughout campus. If they weren't hybrid the amount of pollution from Sacred Heart vehicles would increase greatly.

"The hybrids operate through a partnership of gas and electrical power. The engine cycles periodically to generate, and then store, energy in the battery. That energy is what is used to power the vehicle whenever it is idling or being operated at speeds under 42 mph," said Shea.

Because most of the Department of Public Safety's vehicle usage involves stop and go driving and low speed patrolling of the campus, this system proves to be efficient.

The green lifestyle is one that people, especially young people, are embracing. It seems likely that future generations will start out green.

"Since I was little, I have been attracted to conservation and the natural beauty of the world. So maybe I've always been green," said Cole.

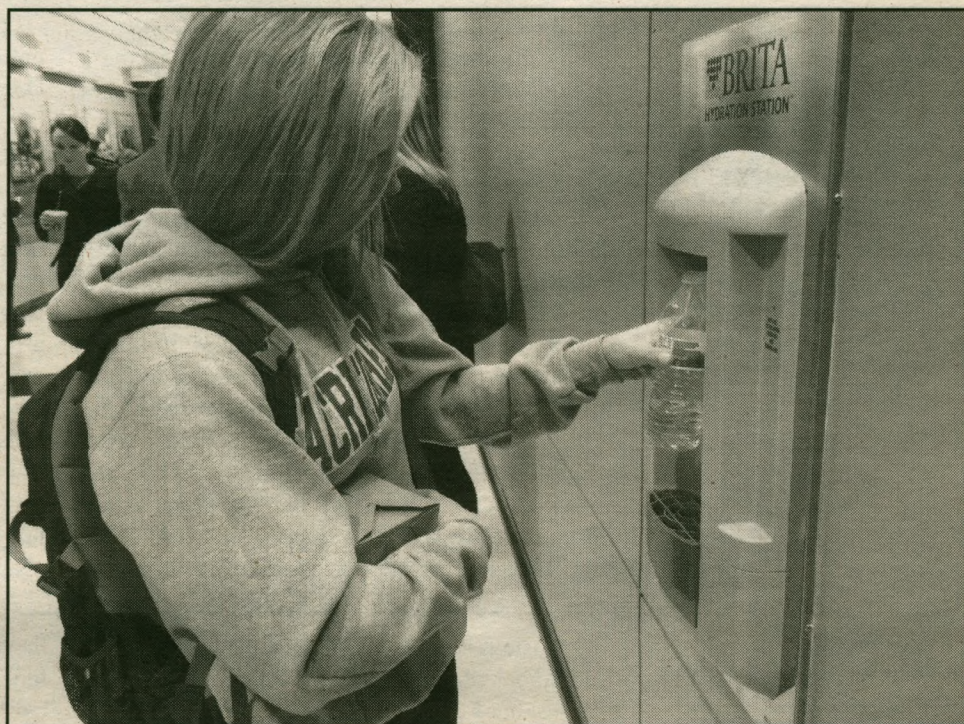


PHOTO COURTESY OF TRACY DEER-MIREK
TOP PHOTO: SARA ROBACZYNSKI USES THE BRITA FOUNTAIN TO SAVE PLASTIC. BOTTOM PHOTO: MEMBERS OF THE GREEN SHUS CLEANING UP AT THE HOUSATONIC RIVER

Keeping up with the times: Are you trendy?

BY ALEXA BRISSON
Staff Reporter

Gabrielle Bonheur Chanel, founder of Coco Chanel, once said, "Fashion is not something that exists in dresses only. Fashion is in the sky, the street, fashion has to do with ideas, the way we live, what is happening."

Keeping up with the latest trends and maintaining a fresh wardrobe is essential to numerous students at Sacred Heart University. Because social media is so vital in the way college students live and interact, this tool has had a lasting impression on how individuals choose their daily attire.

"I follow a lot of designers on Instagram such as Michael Kors, Tory Burch, and Saks 5th Ave," said sophomore Nicole Bonanni. "E-Online and TV shows such as 'Fashion Police' help me keep up to date on the latest trends."

Bonanni also explains that she likes to know exactly what "look" she is going for before she actually goes to the mall. She explains her style as very classy and

sophisticated. Her signature apparel is skinny jeans, a nice blouse-like top, and a pair of flats.

Although some students prefer their wardrobes to be chic and elegant, others love to embrace the urban look.

"I love incorporating beanies, snapbacks, chains, and Timbs to the majority of my looks," said sophomore Scarlet Olivo.

Olivo explains that accessorizing is the key to turning a basic outfit into something amazing. This is why she often visits Kylie Jenner's Instagram for inspiration. "I admire how amazing she can make a basic outfit look. A plain white T can look so stylish by just adding a few accessories."

Urban apparel also appeals to sophomore Justin Ruiz, whose style is highly influenced by his favorite rappers, Future and Daddy Yankee.

"I like Future's style because it's urban, but not sloppy. He keeps it classy with basics," said Ruiz. He follows both of these artists on Instagram and Twitter in order to keep up with their current styles.

"I'm always trying to match my sneakers with my shirt, however, I'm also simple. I'm not really into bright colors,

black and white match everything so I try to stick to that most of the time," said Ruiz.

Despite the fact that many Sacred Heart students turn to social media for fashion advice and inspiration, some individuals simply like to express themselves and the way they're feeling.

"The way I dress shows the mood I'm in for that day. If I wear sweats, I don't want anyone to bother me, but if I wear jeans and a cute top it says 'please come talk to me,'" said freshman Soleil Avena.

Sophomore Christian Carter explains that his outfits greatly depend on not only his mood, but also the weather.

"If it's a nice sunny day and I feel exuberant I would wear brighter colors like blue, pink, or red. If it's a miserable day, then I would wear something like sweats with Sperry's," said Carter.

Gianni Versace says, "Don't be into trends. Don't make fashion own you, but decide what you are, what you want to express by the way you dress and the way you live."

Editorials

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Why I'd Never Date a Dog Person

MELANIE VOLLONO

CO-ASST. NEWS EDITOR



I'm just gonna come right out and say it. I'd never date a dog person.

I know what you're thinking. How un-American. How blasphemous. She must hate apple pie and babies too. But let me explain.

Dog people are used to constant, unwavering affection from another party. They pass their time throwing sticks and waiting for them to be brought back to them. If I wanted that, I'd get a damn boomerang.

Dog people are cookie cutter archetypes. When someone says they have dogs, it's a given that they also ride their bike to work, take meditative hikes and watch reruns of Arrested Development on Friday nights.

Dog people like to say they have a "lifelong companion" or that they found "man's best friend," but what that translates into is stalking your Instagram and texting you four times in a row when you haven't responded after 30 minutes.

Dating a dog person is signing an eternal contract for Wes Anderson movies and really boring sex once a week.

Now, on the other end of the spectrum, dating a cat person is a robust symphony of all you could ever want and more.

Cat people are the modern-day Hemingways and Fitzgeralds. They are complex, gentle souls. They are tortured writers. They smoke cigarillos and talk about the stars. They are compassionate. They are individual. They take solace in silence.

Cat people embrace the notion of unrequited love.

They don't question when you leave unannounced and come back three days later.

They're okay with you eating yourself sick off treats because they do it too.

I know, I know. You're still on the fence. Dog people are so energetic and fun-loving and cat people are just manic depressives who wear sweaters and drink a lot of tea. But let's take this one step further.

Dating a cat person will be a guaranteed whirlwind romance.

There's nothing fun about the cut and dry. A dog person will always bring you flowers "just because," text you good morning and run your errands. But where's the fun in that? None of us actually want the characteristically routine. No one writes a sonnet about mutual attraction and shared life goals. We want the passion and the danger. There's a reason the Mr. Darcy type is still sought after in our time. Cat people are the Heathcliffs of the world. They are the unexpected. They are exhilarating.

A dog person won't stand outside your window with a boom box at 4 a.m. to beg for your forgiveness—they wouldn't have to because they could never say anything to upset you.

A dog person would not wait for you atop the Empire State Building.

A dog person would not chase after you in the pouring rain.

Cat people find ecstasy in danger and breaking the rules. They are spontaneous and outrageous.

Perhaps I'm just a hopeless romantic with a twisted and masochistic literary bias.

But don't listen to me.

Believe what you want. Date who you want. By all means date a dog person. Enjoy your monotonous trips to the bowling alley and Sunday brunch.

I've already read that story. I'm ready for a new one.



Spring Break, Forever

NICK MCANENEY

SPORTS EDITOR

As the weather seems to get more and more cold and the possibility of snow coming every week, I feel as though I have earned a much needed break.

Spring Break, that is.

In my opinion, spring break is always welcomed, as it signals the beginning of the end of winter. The days get longer, the weather gets warmer, and the shorts get shorter. It truly is a wonderful time of year.

What makes this break even better is that I'm going to finally get to experience it the way I have always been told and shown it should be: one big, long, full-blown, non-stop party.

Now I have had fun spring breaks before, but they always consisted of going to my friend's shore house in Wildwood, N.J. for a week with about ten other people and just hanging out. It was basically just a longer version of a normal weekend.

This is different. I'm not going down the shore. I am going on a spring break cruise with 15 of my friends for eight days. I'm going to the Bahamas. I never thought I would be able to go somewhere like that.

This is a once-in-a-lifetime vacation.

Which is maybe why I'm nervous in addition to being excited as hell.

Don't get me wrong, I am going to have an amazing time. But watching so many movies and television shows where spring break is depicted, and talking to people who have done something big for it before, puts a lot of pressure on an individual to live up to those standards.

Just based on films I've seen, I will have to be drunk 24/7, have anonymous encounters with girls I will probably never see again, and maybe even get into a little bit of trouble. Who knows?

Now don't get me wrong, I have every intention of having a great time. It is going to be one of the greatest experiences of my life, and I probably am never going to want it to end. I have every intention of having the cinematic spring break experience.

What if I don't though?

What if I am not drinking every minute of every day? What if everything doesn't go according to plan? Does that mean I've blown this golden opportunity? Will I be doomed to forever regret what didn't happen on that boat, and think about it for the rest of my life?

What if...

That's when I stop worrying, because I know I am going to have an incredible experience. I'm going to be sitting on beaches in Florida and the Bahamas in 80 degree weather with my best friends. I'm going to be on a boat in the middle of the ocean without a care in the world.

Throw in a beer and it feels like the perfect trip.

So as the date draws closer and the anticipation continues to build, I can't help but think about all the memories I am going to make, no matter what happens.

Like Robin Williams said, "Spring is nature's way of saying 'Let's Party!'"

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Fashion Club Gives New Opportunities to Creative Students

BY MELANIE HOLEC

Co-Copy Editor & Asst. Features Editor

The fashion-inclined on campus can add some new events to their calendars: the fashion club is hosting monthly speakers on campus, who will give lectures discussing their experiences in the industry.

The seminars are meant to give fashion club members information about different career options in the business. Past speakers include Ellen Gang, a Sacred Heart fashion design professor, and Brittany Brown, who works in HR for Lord & Taylor.

Club president and Sacred Heart senior Danielle D'Onofrio says that the club has made an effort to increase students' exposure to more speakers as its membership has grown.

"We have always been inviting people to speak, but this year the fashion club has decided to try and have one speaker per month and have speakers from many different careers within the fashion industry," said D'Onofrio.

Leah Arsenault, the club's secretary, agrees that the speakers are an essential part of what the fashion club offers to students.

"I think it is so very important to hear from industry experts due to the fact that they have hands-on experience, and they know exactly who they are looking to hire in their field," said Arsenault. "If they can provide us with information on what they look for in an employee, how they got started in their career, and what they wish they had known back when they were a student, it is an excellent resource for all

our members."

Arsenault plays a large role in choosing and contacting industry members for the club's monthly lecture events.

"In speakers, we are looking for both recent graduates, who are young, relatable, and remember what it was like to look for internships and jobs in college, as well as experienced members in the industry who have strong knowledge of the field or who work with well-known companies," said Arsenault.

The fashion club's leadership is hoping that having more speakers come to campus will encourage people to join the club. D'Onofrio thinks that attending the lectures can really help students in their careers and expand their understanding of the industry.

"They expose the members to different career paths within the fashion industry that they might not have realized existed," said D'Onofrio. "It also gives them a realistic view of what that type of job would actually entail. It is also a great networking opportunity for the members to have. In the fashion industry it is very much about who you know, so this gives the members another contact that can help them in the future."

According to Arsenault, all of the speakers have been informative, but a few have stuck out as particularly inspiring.

"So far, I really enjoyed Nicole Morelli, who is a SHU alumna and currently works for Shape Magazine," said Arsenault. "I think she was my favorite because she was the first contact I made in the industry, and I personally reached out to her as a mentor for myself freshman year. I want to be in her shoes someday, so I made sure to listen hard."

The club is also holding an internship panel for those interested in jumpstarting careers in the industry today at 7 p.m. in the Art Gallery. At the event, a panel of students will discuss how they got their internships and how their experiences affected their perspectives on fashion.

D'Onofrio suggests that anyone thinking about working in the fashion industry attend. "The members get really good advice from our panelists," said D'Onofrio. "And we usually have someone from career development to talk a little about finding an internship, interview skills and resumes."

Even if fashion is only a hobby, club

members insist that anyone with an interest in the medium should join up and attend meetings.

"The members of the fashion club come from all majors," said D'Onofrio. "Though some of our events are geared toward people looking for an internship in fashion or who want a future fashion career, anyone interested in fashion would find our events very interesting. We really welcome anyone who is interested in fashion."

Students hoping to get involved in the fashion club can attend the internship panel or email Danielle D'Onofrio at donofriod@sacredheart.edu.



PHOTO COURTESY OF DANIELLE D'ONOFRIO

BRITTANY BROWN, HR COORDINATOR FOR LORD & TAYLOR, SPEAKS TO SHU FASHION CLUB MEMBERS

Professor Aims to "Build Bridges" in Catholic Community Through Blog

Pontifex Minimus

HOME ARCHIVES PROFILE SUBSCRIBE



a weekly reflection on some ecclesial matters, controversy, insight, development or epiphany that throws some light on the

HOME PAGE OF DR. MICHAEL HIGGINS BLOG PONTIFEX MINIMUS

BY GINA BATTAGLIA
Staff Reporter

Dr. Michael Higgins is the Vice President for Mission and Catholic Identity at Sacred Heart University. Since late fall last year Higgins has been working on his own blog, entitled "Pontifex Minimus."

Professor Higgins has a background as a columnist, radio documentary maker, television commentator, and a writer for Commonweal Magazine.

One of Higgins' main jobs is to help educate the community on the importance of Catholic education. Sacred Heart's Vice President of Communications Mike Iannazzi originally asked Higgins to

establish and write his blog.

Iannazzi gave Higgins the freedom to blog on the Sacred Heart website and target people interested in current Catholic issues.

According to Higgins, the blog's name has a religious inspiration.

"Pontifex Minimus means small bridge," said Higgins. "Pontifex Maximus is one of the titles of the Pope which means big bridge builder."

Higgins' idea and main focus for his blog is to offer reflections on certain issues that are current to Catholic intellectual and spiritual life.

"What I do is I look at a particular event, for instance this week's blog will be on President Obama's controversial prayer

breakfast in Washington last week," said Higgins.

When thinking of a topic for a post, he looks into books, people, and anniversaries to find a story idea that is interesting to a broad group of readers.

"Some will be readers who read me in the global mail in Toronto. Some will read me in the Irish Catholic in Dublin, and others will be faculty, staff, students, and others," said Higgins.

Blogging is a different style of writing for Higgins that can be difficult because blog posts are very short and to the point. However, his inspiration and motivation comes from Catholic columnists.

"The inspiration came from the realization that Catholic columnists

and writers have an obligation to think seriously about tradition," said Higgins. "What they do is they help to bridge understanding."

Elizabeth Collins, a student here at Sacred Heart, enjoys reading the blog whenever she has a little free time on her hands.

"The reason that I really like the blog is that it really makes me think," said Collins. "The blog brings up modern issues as well."

Higgins no longer writes for any other blogs except his own. He is glad that Iannazzi had asked him to write for "Pontifex Minimus," because it allows for ongoing exploration in critical thought in the media regarding Catholic life.

Features

"We have always been inviting people to speak, but this year the fashion club has decided to try and have one speaker per month and have speakers from many different careers within the fashion industry."

-Danielle D'Onofrio

Update on the New Martire Building

BY MORGAN DEBELLE DUPLAN
Staff Reporter

March 14, 2015 will mark the official grand opening and ribbon cutting ceremony for Sacred Heart's new academic building, the Frank and Marisa Martire Business & Communications Center. Students, faculty and staff are welcome to attend the event.

"We plan to officially invite our WCOB [Welch College of Business] seniors and alumni to tour the building and check out its amenities as a part of a special weekend in April, which will include events in the new building on Friday, April 24th, and our Welch Cup Classic Golf Tournament on Saturday the 25th," said Sean Heffron, director of student experience for the Welch College of Business.

Many students are wondering what this new structure will contain. The business and communications center has a parking garage as well as numerous state of the art amenities.

"The new building moves the Department of Communication & Media Studies into a state of the art facility; with

two studios, two control rooms, two media labs and two screening rooms, every detail has been thought out to give our students a complete academic and professional experience," said Joe Alicastro, a professor at Sacred Heart University and chair of the Committee for the Broadcast Center in the new building representing the Department of Communication & Media Studies.

The state-of-the-art amenities in the new building will provide for a better and more enhanced learning experience for students studying business and communications as well as media studies. Faculty and staff are scheduled to move into the building at the end of the semester. The annual discovery gala is scheduled to be held in the building in March.

"We have a new Finance Lab with Bloomberg Terminals, a stock ticker, and other state-of-the-art tools that will allow our students to do research in real-time. We are planning to develop a resources center where students will be able to incubate new businesses with the help of WCOB faculty and other resources within our network," said Heffron.

The building will also have numerous

student lounges and study spaces as well as a bagel shop. As the university is rapidly growing, new study spaces and lounges will be beneficial for students on campus.

"The building represents a new era for the University, and I am beyond excited that the Welch College of Business can be a part of it. I'm very optimistic that because

of the functionality of the new building, and the partnership opportunities with Media and Communications, that students in the Welch College of Business will really get a chance to apply all that they are learning and be energized by their new surroundings," said Heffron.



PHOTO COUTESY OF TRACY DEER-MIREK

TOP PICTURE: VIEW OF THE MAIN HALLWAY INSIDE THE FRANK AND MARISA MARTIRE BUSINESS & COMMUNICATIONS BUILDING. BOTTOM PICTURE: VIEW OF THE MAIN ENTERANCE OF THE NEW BUILDING

Sacred Heart's Winter Guard Team is Going to Nationals

BY KYLE DRAGO
Staff Reporter

This year, the Sacred Heart Winter Guard team is going to compete at Nationals. The women in the program have been working very hard and have made it all the way to Dayton, Ohio this year.

"It is the first time ever the SHU Winter Guard will be competing at this level," said Mallory Martilla, a junior and co-captain of the Sacred Heart University Guard team. "Our coaches, directors, and team are very excited and driven to do well in nationals."

The team has been practicing since November, despite their competitions not beginning until Feb. 21.

"We practice three times a week. Monday and Thursday we practice at various spaces for three hours at a time. On Saturdays we practice for six hours, and at times we will have competitions," said Martilla.

While the team is exceptionally dedicated to the program, according to members they need more support and funding. For example, Martilla said, the girls don't

have practice in the same location every time and they have to pay out of pocket for necessities such as transportation and makeup.

"It does get a little frustrating not having a set practice space all the time and having to practice at three different locations, but we are thankful for what we have," said sophomore Adriana Pascarella, member of the guard team.

Although they do have to pay for their makeup and transportation, Pascarella explained that the Performing Arts Department is very supportive and funded their new printed floor and costumes, as well as some other expenses.

The program is composed of around twenty girls who participate in Color Guard during the fall semester and Winter Guard in the spring semester.

Pascarella describes Winter Guard as a sub field of Color Guard. Color Guard is technically both fall and spring semesters, but in the fall the guard team performs alongside the Sacred Heart University Band during halftime shows at the home football games. On the other hand, Winter Guard is just the guard team performing and competing at various locations and high schools.

The competitions are held every weekend starting from Feb. 21 all the way to April 16, which is Nationals.

"How the competitions usually work is that we show up at the high schools and have some downtime to put makeup on and costumes," said Pascarella. "Then we have warm ups; stretching our body up, then equipment warm up. Then the show."

Martilla said that guard has been an influential part of her life ever since she became a part of the guard program in her high school back in 8th grade.

"It was a rewarding and a big learning experience through high school. It gave me friends and a sense of home away from home throughout high school, and I was more than grateful to have the opportunity to continue the activity at Sacred Heart," said Martilla.

According to the team co-captain, the excitement surrounding the current season among team members is high.

"The passion on our team is immense," said Martilla. "And I wouldn't want to experience it with anyone besides this team and instructors," said Martilla.

Arts & Entertainment

Are You Afraid of the Dark?

Come See "Wait Until Dark," the Little Theatre's Newest Play

BY HALEY TANELLA
Staff Reporter

Sacred Heart University's Theatre Arts Program is gripping audiences with their adaption of the thriller, "Wait Until Dark."

The play is centered around a chain of events happening in the apartment of Susy Hendrix, a woman who has recently become blind as a result of a car accident. Susy's husband, Sam, is gone for the weekend on a trip to Asbury Park, N.J. She is left alone to fend for herself against three canny con-men, who are in search of a very precious prize.

The play was written by Frederick Knott and was first performed in 1966. It was then adapted into a movie in 1967 starring Audrey Hepburn and Alan Arkin.

The play was brought to life on Sacred Heart's stage at the hand of director Jerry Goehring, who serves as Director of Performing Arts at Sacred Heart.

"I wanted to bring a classic suspense thriller to Sacred Heart because they're great, but so rarely done," said Goehring. "I wanted to bring audiences something they have never seen before."

Over the past few months, members of both the cast and crew of Sacred Heart's Theatre Arts Program have been working hard to make this show a success.

"Working with this cast, and Jerry as our director, has been great. Everyone was

awesome," said senior Abshir Aden, who plays antagonist Harry Roat.

"Being in this cast is such an honor and privilege," said freshman Stachakay Silvera, who plays Susy Hendrix.

Freshman Patrick Robinson, who plays the con artist Mike Talman, is excited to see the cast's hard work pay off.

"I think the audience is in for a treat with this show," said Robinson. "The show is going to be something that no one has

ever seen before. It's going to be a thrilling journey to the final end."

Other roles in the show were filled by sophomore Liz Calianese and seniors Anthony Bartonik, John Coletta, Ryan Cotrupi, and Chris Minardi.

Thursday, Feb. 12 was opening night and the Little Theatre was filled with students eager to see the show.

Among those students was junior Michael Tartaglia, a member of the Theatre

Arts Program.

"I'm so excited to see the show," said Tartaglia. "I've heard it's suspenseful and I love to be scared."

After the end of the first act, students were excited for intermission to end so they could see how the plays resolution.

"The first act is keeping me on the edge of my seat," said sophomore Alison Hoag. "I can't wait for more."

After a 10-minute intermission, the audience was reeled back into the performance by the slick actors.

"It was an outstanding performance by the entire cast," said freshman Chris Faccenda. "I'd see it again and again and I'm sure I'd still jump at all of the thrilling and gripping moments."

Even the crew who has been working on "Wait Until Dark" for weeks still gets spooked during the show.

"It scares me every time," said freshman Sydney Ruggiero, who worked on stage crew.

This suspenseful show will continue its run this weekend with shows on Thursday Feb. 19 through Saturday Feb. 21 at 8 p.m. and Sunday Feb. 22 at 3 p.m.

Tickets are still on sale and can be purchased by Sacred Heart students for \$5 at the box office, or at the door before the show.



FROM LEFT TO RIGHT, PAT ROBINSON, STACHAKAY SILVERA, AND ANTHONY BARTONIK PERFORMING IN THE SHOW WAIT UNTIL DARK

Roaming in Rome: Natalie Abroad

BY NATALIE CIOFFARI
Contributing Writer

Back at Sacred Heart University, a 10-minute walk from my dorm might take me to the Curtis Hall, or Madison Ave; but at John Cabot University in Rome, Italy, a 10-minute walk from my dorm takes me to Vatican City or the Colosseum.

For the past two weeks, I have visited, and stumbled upon, breathtaking and historic architecture. It is crazy to think that I live so close to some of the most famous monuments man has ever made. So far, my two favorite sites, as cliché as it is, are the Vatican and Colosseum.

I have yet to be inside the Vatican, simply because the line is always out the door to get in, but I have been outside and walked around the square multiple times. The first time I went was at night.

Before even getting close to the actual church, I stood right in the middle of the square and sat in awe gazing up at it. I naturally took a couple of pictures, and walked around to give myself time to process what I was looking at. I wanted to go up and touch everything, but the guards wouldn't let me.

When you first walk to Vatican Square, you can see Saint Peter's Basilica lit up, with each pillar shining through the fluorescent lights. Even from miles away you can see some of the inscription on the top of the church.

On the top of Saint Peter's Basilica are enormous clocks and statues overlooking

the square. As you look around to the left and right of Saint Peter's large, white pillars with beautiful buildings stand tall, as if they were guarding Saint Peter's.

During the winter months, traditionally, the nativity set is still up and gleaming in front of Saint Peter's.

"Being at Saint Peter's is amazing. This building has been standing for hundreds of years, and the fact that each detail is still there, and looking perfect, is stunning. I am so blessed that I live so close to history," said sophomore Cristina Zangaglia.

The other monument that stood out to me was the Colosseum. When my orientation group and I were walking, my leader did not tell us where we were going, and then all of sudden we saw the Colosseum and everyone fell silent.

We walked around the entire perimeter, where each opening looked the same on all sides. For the same reason as the Vatican, we could not go inside, but seeing all the stone and detail from the outside was impressive in and of itself.

"I absolutely loved the Colosseum," said sophomore Katherine Pelham. "It definitely has to be one of my favorite monuments. It is so amazing how mostly everything is still standing."

Days like today, I contemplate which place I want to walk to, have a sandwich, and read my homework.

"It is not everyday where you can just wake up and walk to a piece of history," said Pelham.



SOPHOMORE NATALIE CIOFFARI VISITING THE COLOSSEUM IN ROME WHILE STUDYING ABROAD IN ITALY THIS SEMESTER.

Arts & Entertainment

It's Award Season

Get the scoop on upcoming award shows

BY GABRIELLE HAMILTON
Staff Reporter

On Sunday, Feb. 11, the 57th annual Grammy Awards aired on CBS. According to New York Daily News, the ratings for the award show, filled with music, entertainment, fashion, and celebrities, had dropped more than 10 percent from last year.

Highlights from this year's Grammy's included Sam Smith winning in four categories, one being Best New Artist, and Beck beating out Beyonce for Album of the Year.

"I actually enjoyed watching the Grammys," said freshman Alyssa Fremgen. "I enjoyed watching Rihanna, Kanye, and Paul McCartney's performance the best. I especially love seeing all of the amazing fashion on the red carpet as well."

Others didn't think this year's show was anything special.

"I thought that the Grammys were alright. I expected them to be a bit more exciting," said graduate student Nicole Mieczkowski. "My favorite celebrity was Beyonce. Although I did expect her performance to be a bit more fun and exciting, I still think she's perfect. But I am super excited for the Academy Awards coming up."

The 87th Academy Awards air on ABC on Feb. 22. Neil Patrick Harris will be hosting the show and among the presenters will be Jessica Chastain, Viola Davis, Kevin Hart, Shirley MacLaine, Chris Pine, Miles Teller, and Naomi Watts.

"I cannot wait to see Jessica Chastain present. She always wears the most beautiful gowns and looks flawless

every time she hits the red carpet," said junior Lauren Grass.

There were a lot of popular film stars who were not nominated for their work this year. According to USA Today, it was thought that Jennifer Aniston was going to be nominated for Best Actress for her performance in the film "Cake," but she was not chosen for her category.

There were also a lot of surprise nominations as well.

Bradley Cooper was nominated for his role in "American Sniper," and Marion Cotillard was nominated for her role in "Two Days, One Night."

The Grammys and the Academy Awards are two of the most watched awards shows, but another popular award show is MTV's Video Music Awards.

"The VMA's are one of my favorite award shows because they are the most entertaining to watch and there are celebrities from every industry there," said senior Jen Mata.

Freshman Rachel Gates and senior Danielle Mestres agree.

"The VMA's are my favorite award show because they are the most laid back and fun to watch," said Gates.

"I also like the VMA's because they have very interesting categories like Ringtone of the Year and Viewers Choice," said Mestres.

It may be hard to top last year's star-studded performances, which included opening acts Ariana Grande, Nicki Minaj, and Jessie J, but viewers are sure this year will bring the same excitement.

"I can't wait to see the next VMA's. I really hope Taylor Swift will win Best Video of the Year for her song 'Shake It Off,'" said freshman Emily Jones.

AwardShows: Did You Know?

According to didyouknow.org/grammys/

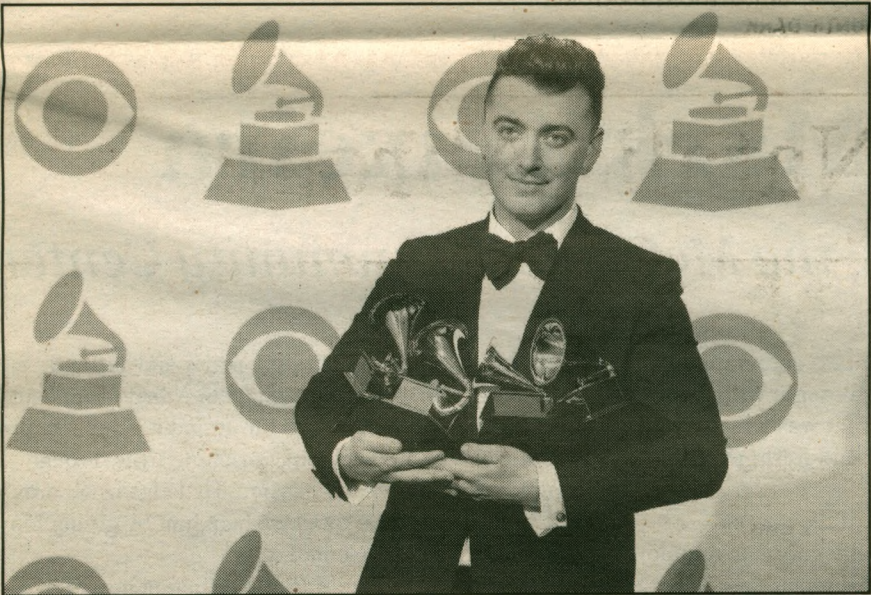
The Grammys were created because record executives were shocked at the success of Rock 'N' Roll and thought they should have a collective goal to hold music at a higher standard.

As stated at didyouknow.org/grammys/,

The Academy Awards were started in order to promote the art of movie making. The first ever Academy Awards were presented at a private dinner at the Hollywood Roosevelt Hotel with less than 250 people attending.

Did you know that according to mtv.com

At the 2010 VMA's, Lady Gaga's dress required 50 pounds of meat and in 2013 the Moonman statue was redesigned for the first time in 30 years.



(LEFT) SAM SMITH POSES WITH HIS AWARDS FROM THE 57TH ANNUAL GRAMMY AWARDS
(RIGHT) NEIL PATICK HARRIS SPEAKING AT THE 87TH ACADEMY AWARDS NOMINEES LUNCHEON ON FEB. 2, 2015

McLevy Hall: Bridgeport's Newest Art Destination

BY JULIANNA DIDONATO
Staff Reporter

McLevy Hall, located on 202 State Street in Bridgeport near Webster Bank Arena, is a historic building and Bridgeport's former city hall. It has now converted into an Arts and Innovation center that hosts many different exhibits and is the headquarters of CreateHereNow (CHN).

McLevy Hall will be hosting an upcoming exhibit called the Xit Show, which will be held on Feb. 26. It is a contest that hosts different pieces of artwork done by local artists that show off Bridgeport's rich history. The winner will receive \$1,000.

"I think it is a great thing for society to go out and see different artists' work. Since everyone is using technology, it's a nice thing for artists to be recognized for their work," said Art and Design Professor Jack DeGraffenried. "This exhibit is fantastic for the community of Bridgeport, especially since Sacred Heart is so close."

The Connecticut Post reported that the hall opened on Nov. 7, 2013 thanks to a state-city grant-funded partnership.

Art lovers will be able to see many different types of art, with a combination of different media, when visiting the Xit Show.

"I love going to museums because I love art so much. I have been to the hall before; it's a nice big space so different exhibits can be shown," said Art and Design Professor Mary Treschitta.

According to the CHN website, "CreateHereNow's aim is to catalyze creative and innovative people within their communities by re-purposing under-utilized storefronts and historic buildings to become hives of community energy and activity and members of a growing statewide network of economic growth."

Another exhibit featured in McLevy Hall is the Space Xchange program. It allows local artists and entrepreneurs to come together and share their achievements.

The McLevy Hall website describes the exhibit as "a

destination center for downtown Bridgeport and a place where artists and art lovers are always welcome."

CreateHereNow has been very active in the area since the opening of McLevy Hall.

"Our rich and varied artist community is a point of pride for Bridgeport and its residents," said Mayor Bill Finch to the Connecticut Post.

Senior Emily Goulet, an Art and Design major, just found out about McLevy Hall.

"I think it is great that the city of Bridgeport has a place to go and share their work because it enhances a sense of community. Events that this gallery might hold will bring more foot traffic and make the community more aware of the importance of art," said Goulet.

Junior Kaityln Kreitzman, an Art and Design major, also agrees with the importance of this venue.

"I would love Sacred Heart to host a class trip so we can see what the artists have done. It would be so cool to go and see what the hall has to offer," said Kreitzman.

Sports

We do it by outworking other teams. It is dedication and it's rising to the challenge.

-Dr. Tom Vrabel

Men's Hockey Starts to Heat Up the Ice

BY NICK MCANENEY
Sports Editor

The Sacred Heart men's ice hockey team has gone on a six-game unbeaten streak, going 3-0-3 with wins against Air Force and Mercyhurst, and ties against Mercyhurst and American International.

Sophomore forward Jordan Minello led the team with eight points during that stretch, while senior forward Drew George tallied seven points to lead the offense. During the unbeaten streak, the Pioneers had their first two-game sweep of Air Force since 2010.

Coach C.J. Marottolo attributes this recent string of success to good old-fashioned hard work and coming together as a team.

"Our recent success can be attributed to our team really coming together as a group. Their work ethic and compete level in practice has been tremendous and with that work it breeds confidence in our team game."

Sacred Heart seemed to gain confidence from this streak, although they remained inconsistent at times. The Pioneers let up three goals in the third period against American International, but also came back from a two-goal deficit to beat Air Force in overtime.

Marottolo is happy with the way that the

team has taken its lumps, come back and dealt with adversity.

"We have made great strides as a team in dealing with adversity within the game. We have learned how to manage all the momentum surges that occur within each game we play."

The most exciting game was the two-goal comeback against Air Force. Down by two goals with four minutes left in the game, sophomore Evan Jasper was hooked by

Tyler Ledford, giving him a penalty shot. Jasper converted, becoming the first Pioneer to successfully convert a penalty shot since Rocco Molinaro in 2005.

After Cole Gunner of Air Force was called for slashing with 2:23 left in the game, the Pioneers tied the game at 4 with a goal by George a minute into the power play.

Then, only 31 seconds into overtime, Minello won the game on a shot from a

tough angle on the right side to give the Pioneers the come-from-behind 5-4 victory.

Despite the recent success of the team, Marottolo still feels that there are areas that they can improve on.

"As our stretch run and playoffs approach we need to focus on being a disciplined team within our team structure and pay attention to all the details in our defensive game. Our special teams need to also improve."

Sacred Heart was 21 percent on the power play during this streak, going 6 for 29. They held their opponents to only 19 percent, holding them to seven goals on 36 attempts.

With only three games left in the season, the Pioneers are making strides to try finish the season strong, with a home and home against Holy Cross before they close the season out at home against Bentley on Feb. 26.

Coach Marottolo has been pleased with the way the team has performed this season, especially with the youth that is on the team. The roster consists of 16 freshmen and sophomores, with only 10 juniors and seniors.

"I have been pleased with our overall year to date," said Marottolo. "We are a young team and we have made strides in all facets of game. I believe in this group and trust that our best is yet to come."



PHOTO COURTESY OF SACRED HEART ATHLETICS

MEN'S HOCKEY CELEBRATES THEIR WIN AGAINST AIR FORCE

An Evening with Mark Teixeira

Supporting the Cardinal Shehan Center & the McGivney Community Center

BY EMILY ARCHACKI
Managing Editor & News Editor

On Tuesday, Feb. 10, Sacred Heart University hosted "An Evening with Mark Teixeira" an event benefiting the Cardinal Shehan Center and the McGivney Community Center.

Both organizations are non-profits located in Bridgeport, Conn. and offer a variety of programs and activities "addressing the educational, recreational, cultural and social needs of moderate to low-income families and young people" according to their mission statements.

"I think it's great the way the community comes together to provide for something like this and help raise money for those in need," said Michael C. Tetreau, Fairfield's First Selectman.

Teixeira, first baseman for the New York Yankees, became involved with the Cardinal Shehan Center through a mutual friend of the organization and himself, Bill Mitchell, from the fine clothing store Richards located in Greenwich, Conn.

"Bill's involvement with the center is a tremendous asset. He provides us with his time, connections, and sometimes financial support," said Ryan O'Connor, Marketing Director at the Cardinal Shehan Center.

The first portion of the evening consisted of a private reception held in the University Commons.

"I think it's a great fundraiser. Look at all the people that are packed in this place. He's a good example compared to some of the athletes now a days. It makes it easy being a parent," said Bob Koripsky.

Teixeira had a meet-and-greet with fans autographing baseballs and other memorabilia they brought with them.

"He's one of our favorite players, so it was a really cool and unique experience to meet him," said freshmen Brennan Scanlon and James Dalto.

He also posed for pictures with all of the guests.

"I was a little star-struck, it was really cool," said junior Rose Hadsell. "I mean you can pay this much for a ticket at Yankee Stadium and not get to meet anyone, so to get to interact with him was actually really cool."

There was a wide range of guests in attendance, many dressed in Yankees apparel.

"I think the turnout is great. Seeing the young people, that's even better. To see kids from pre-teens to teens to people in their seventies and eighties, it's pretty good," said Brian Hawkins.

At the end of the private reception, Tetreau officially welcomed Teixeira to "Fairfield, Sacred Heart and the event." He officially declared the town of Fairfield, Conn. "Yankee country."

Addressing those in attendance, "Community doesn't stop at a city line. You're here to help. You're here to help those in need, no matter where they live and I want to thank you for that. That's what makes our community strong," said Tetreau.

The second half of the evening was a lecture held in the Edgerton Center for the Performing Arts. Teixeira talked about his childhood growing up in Maryland, growing stronger in his athletic skill during his collegiate career and leading up to his current position with the Yankees, as well as mentioning his family and his faith.

The lecture discussion was facilitated by Paul O'Connor.

"Paul is a sports broadcasting major and currently the Assistant Coach of Kenshaw State in Atlanta, Ga. Paul handles these types of events for us and it helps him grow. That is what we are all about, enriching lives through learning is our motto and mission. He helps us by providing a great commentary and we help him by giving him the opportunity," said O'Connor.

Following the lecture was a live auction hosted by Sacred Heart Athletic Director, Bobby Valentine. Items that were auctioned off were various jerseys bearing Teixeira's No. 25 soon to be customized with autographs, and an autographed photo from the 2009 World Series.

Tickets for the private reception including the lecture afterwards were \$150, and tickets for solely the lecture were only \$75.

Funds raised that evening were to support after school and Saturday programming offered at the centers. Types of programs offered include basketball leagues, lacrosse partnerships, physical education programs, as well as educational programs including tutoring, leadership and mentoring.

The children who participate in the programs range in age from six to 18 years old. All costs for the programs are income verified.

"An Evening with Mark Teixeira" is just one of the many fundraising events held throughout the year for the Cardinal Shehan Center. In total 150 people were in attendance.

"You know I've always dreamed of meeting any Yankee, especially Mark Teixeira," said Eddie McCabe. "He's a great guy taking time out of his day to come do stuff like this."

Sports

College Basketball Loses Two Titans of the Game

BY NICK MCANENEY
Sports Editor

In the span of four days, college basketball lost two coaching legends, Dean Smith, 83, and Jerry Tarkanian, 84. Dean Smith coached his entire career at the University of North Carolina from 1961-1997, and during that time accumulated 879, which was the record for most career D-1 wins ever for a coach, until it was broken by Bobby Knight. He made 11 Final Fours in his career, which is second all time behind John Wooden, and won two national championships in 1982 and 1993. Tarkanian, or “Tark the Shark,” was the coach at Long Beach State for five seasons, before going to UNLV and turning them into a national power. Tarkanian made four Final Four’s in his career, winning his only national title in 1990, beating Duke by a record 30 points. The next year, he coached what many consider to be the greatest college basketball team never to win the national championship. UNLV went through the entire season undefeated, usually beating team by 20 or more points. Most picked them to go all the way through and finish the season as the first undefeated team since Indiana in 1976. They met Duke in the Final Four, and were shocked

when Duke got revenge for the year before, defeating the Runnin’ Rebels 79-77. It would be the closest Tarkanian would get to another championship. Both of these men left incredible legacy’s that will live on in college basketball history. Smith has been described as an incredible man, who never made any enemies. Every coach he went up against never had a mean thing to say about him. He commanded respect with how he went about himself and carried himself on an off the court. Smith was also a very influential political figure as well. He was very prominent supporter of the Democratic Party in North Carolina, and was even recruited multiple times while coaching to try and run for the United States Senate. He was a very big advocate for equal rights for African Americans and desegregation in the South. He was the first coach to give a full athletic scholarship to an African American athlete not only in University of North Carolina history, but ACC history. This would go on to pave the way for other African American athletes to get their own shots all across the country. He also helped graduate student Howard Lee purchase a house in an all-white neighborhood in 1965. Smith was being progressive at a time and in an area where it was not a popular thing to do so. His real legacy is on the court though, where he coached

some all time great players like Vince Carter, Billy Cunningham, James Worthy, and Michael Jordan. This is where these all time greats molded and refined their games, and Dean Smith was right along watching and preparing them for their futures. Tarkanian, on the other hand, had a much more complicated legacy. He was one of the first coaches to openly embrace the three point shot, which was introduced into the NCAA in 1986. He implemented hard man-to-man pressure defense, which led to turnovers, which led to his innovative run and gun offense. UNLV would simply tire teams down and out work them, which is what led to them compiling so many blowouts. He also had a very tense relationship with the NCAA. He first went up against the NCAA in 1972, when he accused them of being much harder with penalties for smaller schools then on the big, powerhouse schools. Tarkanian also sued the NCAA in 1993, claiming that they had harassed him for over two decades. The NCAA settled out of court in 1998 for a 2.3 million dollar settlement. Both men are giants in the game of basketball, Hall of Famers, innovators, and above all great men. They are both going to be missed greatly.

Competition Foiled Again

Fencing Team Captures Sixth NEC Conference Title in a Row

BY TAMARIC WILSON
Staff Reporter

On Saturday Feb. 7, Sacred Heart University’s men’s fencing team was able to capture their sixth consecutive Northeast Fencing Conference championship. They also were also crowned Northeast Fencing Conference co-combined champions, with the help of the women’s fencing team. This title comes after the Pioneers finished the season with a strong showing at Dartmouth during the Northeast Fencing Conference Championship. The men finished the day 5-0 and the women went 6-0. The coaching staff attributes this successful season to the team’s hard work throughout the season. “We do it by outworking other teams,” said head coach Dr. Tom Vrabel. “It is dedication and it’s rising to the challenge.” Vrabel has led his teams to these six titles in only 10 years of coaching at Sacred Heart. Out of the six championships, his favorite is the first. “The first one is my favorite,” said he said. “It’s the one that you didn’t know if you could do it.” Not many coaches in any sport can achieve this level of success for this long. The 2014 USFCA Varsity Coach of the Year credits their consistent success to practicing at an

intense level. “I make practice as challenging as the event,” Vrabel said. “We have to over achieve.” The steady level of success has put pressure on the younger athletes on the team. “There was so much pressure coming in,” said sophomore Julia Greene. “Coach expects a lot from me.” Greene has not let the pressure get to her, as she has had a great start to her career at Sacred Heart. She has the highest win percentage of all women in the conference, and has been named female Fencer of the Year. Greene feels the key to her success is being mentally focused and taking it one bout at a time. “It’s just as mental as it is physical,” said Greene. “I don’t think about my record and do my best to win every single bout.” There are also those on the team who have had to deal with the pressure for four years now and have been very successful. They feel that the team camaraderie has been a big part of this success. “Being with each other everyday just brings us closer,” said senior Khris White. White is having his best season since he has been at Sacred Heart. He has battled through an ankle injury that sidelined him for the beginning of the season, but was ready just in time for the conference championship. The team also feels like their ambition over the years

has been a huge part of their continued success. “We have such a high drive to win,” said senior Chris DiPietro. “Everybody is pushing each other.” DiPietro played a pivotal role in the team finishing the season strong at Dartmouth, as he led them with a 14-1 record that day. He also received the ECAC men’s co-fencer of the week award for the week of Feb. 8. The same pressure these seniors have dealt with over the past four years will be passed on to their younger teammates who will be expected to continue the winning tradition. “There is a lot of pressure to keep it going,” said freshman Caitlin Stanton. “I am going to continue my training and keep improving. There are a lot of things I can improve on.” Stanton had a great start to her collegiate career, as she was one of the few freshmen to start this season. Her victory percentage was 10th in the conference for women competing in the Epee event. The Pioneers’ season is far from over, as conference play was just the beginning. The Pioneers have an action-packed weekend coming up starting on Saturday, Feb. 21, where they will compete in the NEIFC tournament at Vassar College in Poughkeepsie, N.Y. They will then head down to New Jersey on Sunday Feb. 22, for the Collegiate Squad Championships at Drew University.

COMINGup

Women’s Lacrosse

SACRED HEART (0-1) VS
Iona (0-0)
Wednesday, 3p.m.

Men’s Basketball

SACRED HEART (12-15) VS
Robert Morris (13-13)
Thursday, 7 p.m.

Men’s Ice Hockey

SACRED HEART (9-16-6) VS
Holy Cross (11-15-5)
Friday 7 p.m.

Softball

SACRED HEART (0-0)
VS Boston College (0-0) @ Myrtle Beach, SC
Friday, 10 a.m.

PLAYbyPLAY

Women’s Ice Hockey

2/13
SACRED HEART 7, Rhode Island 3
2/14
SACRED HEART 6, Rhode Island 1

Men’s Basketball

2/14
St. Francis Brooklyn 71, Sacred Heart 62
2/12
SACRED HEART 62, Mount St. Mary’s 65

Men’s Ice Hockey

2/13
Bentley 3, Sacred Heart 1

Sports



KHRISTOPHER WHITE, FENCING EPEÉ DURING THE NORTHEAST FENCING CONFERENCE

THE SPECTRUM/LIZ MASTROCOLA